

case for more crosscultural epidemiologic studies of conditions such as Alzheimer's disease and cardiovascular disease in different groups. Epidemiologic studies of HIV infection in some African populations have already produced invaluable findings.

The author touches on the vagaries of working as a scientist in the countries of the South. This provides an ominous warning for researchers in developed countries, particularly as funds for research diminish. The book briefly refers to pertinent issues in fields other than health, including agriculture and the environment.

Those who are excited by the challenge of global issues, particularly in health and development, will enjoy this book. The International Development Research Centre is to be congratulated for publishing a book concerning this often-neglected area.

**Alan S. Meltzer, MB, ChB, DTM**  
Senior medical advisor  
Office of Special Health Initiatives  
Laboratory Centre for Disease Control  
Health Canada  
Ottawa, Ont.

## PATIENT CONTROLLED ANALGESIA

Edward Welchew. *Principles and Practice Series*. Series editors C.E.W. Hahn and A.P. Adams. 133 pp. Illust. BMJ Publishing Group, London, England. 1995. Distributed in Canada by the Canadian Medical Association, Ottawa. \$51.30 (\$42.75 CMA members). Prices include shipping and handling. ISBN 0-7279-0860-X

**Overall rating:** Good

**Strengths:** Up to date, well referenced, practical and easy to read; especially useful for anyone interested in the use of patient-controlled analgesia (PCA) in managing acute pain in postsurgical and obstetric care; includes factors to consider when establishing, organizing and monitoring an acute-pain service

**Weaknesses:** British brand names of PCA machines and drugs; however, North American brand names are often included

**Audience:** Health care professionals interested in acute pain management

This useful resource, written by a consultant anesthetist at Northern General Hospital in Sheffield, England, is one of the *Principles and Practice Series* of booklets.

Following a brief introductory discussion of postoperative pain, which stresses the need to provide timely, effective analgesia, the author presents a historical perspective on the introduction of patient-controlled analgesia (PCA) in clinical practice.

In the ensuing 10 chapters, important practical issues in the appropriate, safe use of PCA are comprehensively covered. Topics addressed include efficacy and safety of PCA; descriptions and operational pros and cons of several PCA machines in common use; drugs for PCA (choices, rationale, advantages and disadvantages, pharmacokinetics, protocols, storage, handling, distribution, antitampering precautions, routes of administration and complications); monitoring of respiratory depression; methods of measuring pain, including the linear visual-analogue scale, word-category scales, the smiley-face chart and the behaviour chart; methods of measuring sedation; and psychologic aspects of pain management.

I found the chapter devoted to the organization of a PCA service well organized and useful. The tables and approach to the administrative and quality-of-care aspects are valuable. The concluding chapter on funding is useful but needs to be adapted to Canada.

This booklet contains a considerable amount of detailed, practical information, concisely written. The format is reader friendly: subject headings are in bold type, and key summary information is set out in boxes. The references quoted are pertinent, broadly based (British, North American and European) and up to date.

Overall, *Patient Controlled Analgesia* is a useful resource that I would recommend to any health care professional wishing to review or learn more about PCA. For health care providers involved in running or establishing an acute-pain service, which includes PCA, there are many useful tips and ideas concerning quality of care and monitoring of the service.

**Jean E. Swenerton, BA, MD, FRCPC**  
Department of Anaesthesiology  
British Columbia's Women's Hospital  
and Health Centre Society  
Vancouver, BC

## INTRODUCTION TO CLINICAL NEUROLOGY

Douglas J. Gelb. 370 pp. Illust. Butterworth-Heinemann, Boston. 1995. \$30 (US). ISBN 0-7506-9651-6

**Overall rating:** Good

**Strengths:** Practical advice on neurologic examination and diagnosis; many valuable clinical points; good index

**Weaknesses:** Unusual approach to diagnosis

**Audience:** Medical students, residents, general practitioners, internists and specialized neurologists

Do not be put off by the unusual approach taken by author Douglas Gelb in introducing neurology to medical students and trainees. The bulk of this book contains valuable, practical and mainly accurate information on the main neurologic conditions. Although the preface and introductory paragraphs could have been more concise to help focus the topic for novices, as one proceeds through the analysis of cases, the logic of neurology becomes clear. Moreover, the book contains a considerable amount of valuable clinical points; these are easy to find, thanks to an excellent index.

Gelb begins by asking, "Where's the lesion?" He introduces the data from the clinical examination as the

principal information, whereas it is better to start with the patient history.

Despite an unusual and slightly stumbling beginning, this book is truly a gem. It would be useful for any trainee in clinical neurology as well as for general practitioners, internists and even specialized neurologists who occasionally see patients with conditions outside of their field.

Gelb should be commended for this book. I hope he will issue updated editions that retain all of the wonderful aspects of this first one.

Warren T. Blume, MD, FRCPC  
Professor  
Department of Clinical Neurological  
Sciences  
University Hospital  
London, Ont.

## MONDAYS ARE YELLOW, SUNDAYS ARE GREY

Ellen Prescott. 216 pp. Douglas and McIntyre, Vancouver, BC. 1994. \$16.95. ISBN 1-55054-121-8

**Overall rating:** Good to excellent  
**Strengths:** Readable, believable and well written  
**Weaknesses:** Somewhat disjointed style and flow  
**Audience:** Anyone who needs to know more about the trauma of sexual abuse and about disturbed families

This small book presents a shocking look at the nightmare of sexual abuse. It draws so many features of the experience into focus that it could substitute for years of learning from clinical interactions. The images it creates are disturbing and real. As a result, they remain in the reader's memory as a template for interactions with patients with similar experiences.

Most fiction (novels, movies and plays) seem to pale in comparison

with real human experience. This autobiographic account rises above the limitations of fiction by presenting stark reality. It is written in a somewhat disjointed style, moving among various periods in the lives of the principal characters. The impact of the style is memorable. The reader is led through belief and disbelief to a final position of integration. Events are presented with little interpretation and explanation; the reader is left to work out the relationships. The book portrays the process of gradual comprehension and decision making concerning sexual abuse, and it provides a reasonable view of the healing process.

This book sensitizes the reader to many aspects of human behaviour involving sexual abuse. I recommend it to anyone, including most physicians who deal with real patients in real life, who needs a better understanding of human responses to suffering.

Willard Edwin Smith, BSc, MD, FRCPC  
Department of Psychiatry  
Saint John Regional Hospital  
Saint John, NB  
Received via e-mail

## THE ANXIETY AND PHOBIA WORKBOOK

2nd ed. Edmund J. Bourne. 428 pp. New Harbinger Publications, Inc. 1995. \$23.50, paperback; \$43.50, hardcover. ISBN 1-57224-003-2, paperback; ISBN 1-57224-004-0, hardcover

**Overall rating:** Excellent  
**Strengths:** Very clearly written; reviews a wealth of techniques to decrease or overcome anxiety and phobias; interesting step-by-step approach  
**Weaknesses:** It may be more difficult than is implied in this book to do all this psychologic "work" without the assis-

**Audience:** tance of a therapist  
Public (including therapists)

The purpose of this book is to help lay readers to overcome panic, anxiety and phobias through a step-by-step method. The book uses an eclectic approach, summarizing many previously published works. Exercises range from desensitization, for a phobia, to learning to assert oneself when dealing with a sales clerk. Along the way the author discusses visualization, relaxation, building self-esteem, herbal remedies, spirituality and many other topics. Much of the material comes from cognitive behavioural therapy.

The text's clarity is wonderful. The reader's interest is held by short paragraphs, examples and worksheets. The author's experience as a therapist is evident.

My only reservation about this work is that it gives readers the impression that all of their problems can be solved by using this book. The reader may be discouraged if he or she is unable to accomplish this, when, in fact, the book sets forth a huge amount of psychologic work. The author does mention that this workbook can be used on one's own or in conjunction with a therapist or self-help group. I would favour the two latter suggestions or the involvement of a knowledgeable family physician. I also feel that a workbook cannot replace a relationship with a good therapist.

This book is an extremely interesting tool for helping patients with anxiety in its many forms. It would also be very interesting for therapists and family physicians.

Cleo Mavriplis, MD, CCFP  
Assistant professor  
Department of Family Medicine  
McGill University  
Montreal, Que.